

# Union of Saints, Identity Abuse, Potentially Torture, Tort

Assigning Labels, Traits, Identities We Do Not Agree With

When people try to define you—assigning labels, traits, or identities you don't agree with—it can feel like they're **stripping you of your own voice**. Confronting it takes clarity, calmness, and boundaries. Here are some ways you can approach it:

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## 1. Pause and Acknowledge What's Happening

- Recognize that someone is not *describing themselves*, they're **projecting** onto you.
  - This gives you space to choose a response rather than reacting defensively.
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## 2. Set a Clear Boundary

You can calmly tell them:

- ***"I don't accept being defined by you. Please speak about your perspective, not about who I am."***
  - ***"I define myself, and I'd like you to respect that."***
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## 3. Shift the Language Back

- If they say, "You're too sensitive", you can respond with:  
***"That's your opinion, but it doesn't define me. Please keep it in the 'I' perspective—say how you feel, not who you think I am."***
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## 4. Stay Grounded in Your Identity

- Remind yourself: ***"Only I get to define who I am."***
  - Sometimes the best confrontation is not taking on their label at all.
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## 5. Escalate if Needed

- If they continue after being asked to stop, you can say:  
***"I've asked you not to define me. If you continue, I'll step away from this conversation."***

- Walking away shows you won't participate in someone else's control game.
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👉 The key is calm firmness. You don't need to argue over whether their definition is "true."  
**The boundary is simply that they don't get to define you.**

**Legal Implications** when people try to define or mischaracterize you, depending on the context, intent, and harm caused. It's less about someone casually saying "*you're stubborn*" and more about when labeling crosses into **defamation, harassment, or discrimination**.

Here's a breakdown:

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## 1. Defamation (Slander & Libel)

- If someone **publicly assigns false labels** (e.g., calling you a criminal, abusive, mentally unstable, dishonest) in a way that damages your reputation, that can fall under *defamation of character*.
  - **Slander** = spoken false statements.
  - **Libel** = written or published false statements.
  - To be actionable, the statement usually must be:
    - False
    - Communicated to others (not just to you directly)
    - **Harmful** to your reputation, career, or community standing
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## 2. Workplace & Housing Law

- If a boss, coworker, or landlord defines you using **protected characteristics** (race, gender, age, disability, religion, etc.) and uses labels to treat you differently, this could be **harassment or discrimination** under civil rights law.
  - Example: If a supervisor says "*you're too emotional because you're a woman*" and uses that to deny promotions, that can be legally actionable.
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## 3. Harassment & Emotional Abuse *mn*

- Repeatedly labeling someone in a way meant to demean or control them can become **harassment**—especially if it's in a school, workplace, or domestic context.

- Harassment laws vary, but the pattern of behavior matters: one rude comment might not be enough, but persistent labeling meant to intimidate, isolate, or humiliate can cross into legal territory.
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#### 4. Consumer / Professional Reputation

- If false labeling happens in business (e.g., calling a professional “*incompetent*” or “*fraudulent*” publicly without basis), it could be grounds for a lawsuit. Professionals often protect their name and brand legally through defamation claims.
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#### 5. Domestic & Family Law

- In relationships, assigning harmful definitions (e.g., “*you’re crazy*”) may not itself be a legal violation, but when tied to controlling behavior, it can become part of a **pattern of emotional abuse** relevant in custody disputes, restraining orders, or protective orders.
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#### Bottom line:

- **Casual labels** → usually not a legal matter, but still harmful.
  - **False, damaging public labels** → potential *defamation*.
  - **Labels tied to protected categories** → potential *discrimination/harassment*.
  - **Persistent abusive labeling** → could support claims of **harassment or abuse in court**.
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